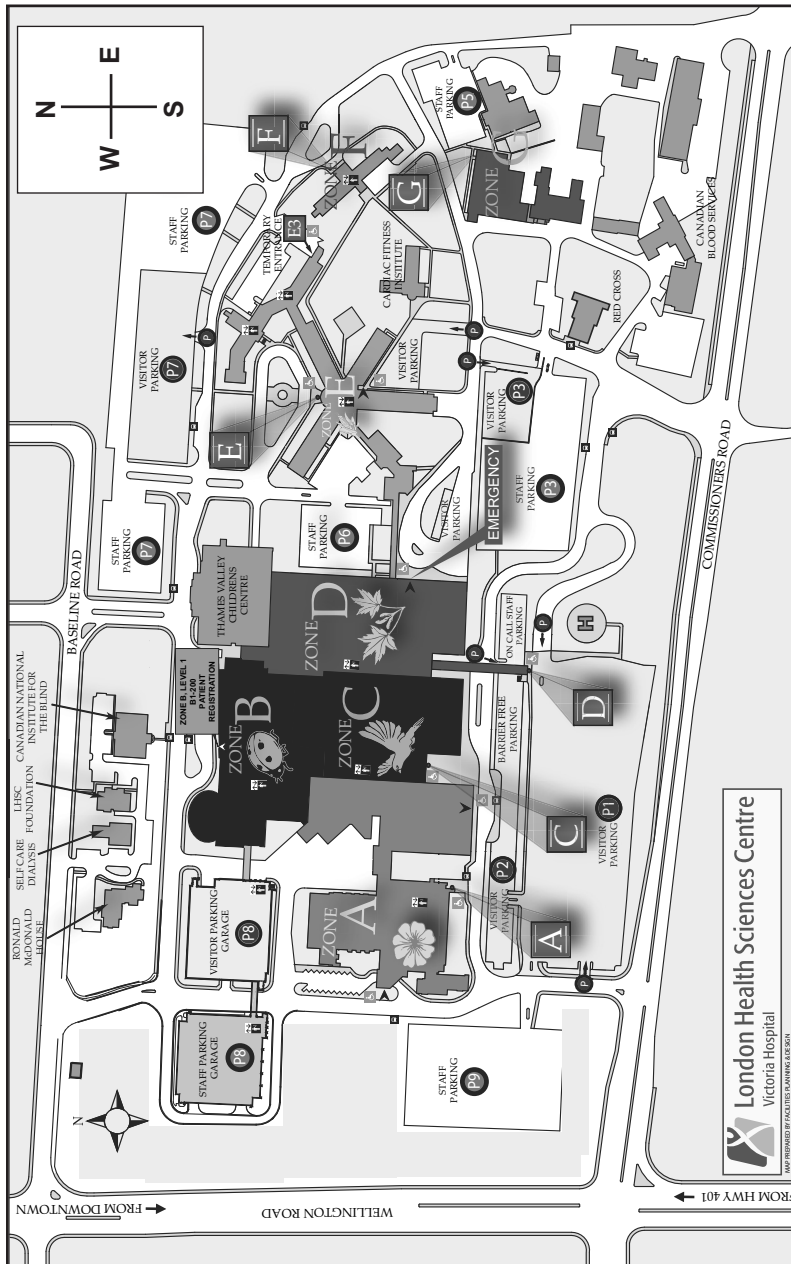


**Children's Hospital,
London Health Sciences Centre**
800 Commissioners Road East, London, Ontario
519-685-8500
Follow signs to Parking Lot P8



Day Surgery




Children's Hospital
London Health Sciences Centre

Your child's Pre Admission Clinic visit is on:

DATE

TIME

**at the Paediatric Medical Day Unit
located in Zone B, Level 1, B1-200**

Your child's operation is on:

DATE

TIME

**Parking is available in Lot P8. Please enter the hospital from
Lot P8 through the walkway on Level 2 into Zone B, then
pass through the lobby and follow the signs to the
Perioperative Care Waiting Room, which is located in the D Zone.**

**Please go to the Perioperative Care Waiting Room
located in D Zone, Level 2, Room D2-200
to register your child prior to surgery.**

TIME

Most children will have a follow-up appointment with his/her surgeon or dentist. Before you leave the hospital your child's nurse may make the arrangements for you.

Caring for Your Child at Home

Have your child drink fluids and eat lightly. Water, apple juice, popsicles, Jello, soup, crackers, and plain cookies are good choices. Restaurant meals, especially fast food are too heavy and greasy to eat on the day of the operation.

Keep the discharge instructions close by for quick reference. If you have any questions or concerns please call your child's Surgeon or Dentist. If your child's condition changes go to the nearest Emergency Department.

If you notice changes in your child's behaviour give him/her opportunities to express feelings related to the hospital experience. A young child may need more attention, comfort and understanding. Play with your child and talk about what happened at the hospital. Allow them to act out his/her experiences and help them understand why these things needed to happen. The older child may need someone to listen, acknowledge feelings and provide reassurance. Share experiences with family and friends and encourage your child to return to his/her normal activities and routines. These feelings and behaviours usually get better with time.

**Please write down your questions and bring them with you
on the day of your child's operation.**

Staying in Hospital with Your Child

We believe the family is vitally important in the child's life and family members provide the child's primary strength and support.

- In the Paediatric Inpatient Unit and the Paediatric Critical Care Unit, we support one parent or caregiver staying 24 hours a day.
- Siblings are welcome but adult supervision is required.
- Pull out chairs or beds are available at the bedside.
- Bathrooms with a sink and shower are available for parents or caregivers.
- Laundry is available in the Ronald McDonald Family Room on B6.
- If you require hygiene supplies (i.e., toothbrush, toothpaste or deodorant) please ask your child's nurse.
- On the Inpatient Unit B6 a pantry/fridge is available for you to store labeled food and beverages.
- Always let your child and nurse know if you have to leave, where you are going, when you will return and who can assist him/her while you are away.

Getting Ready - To Go Home

The nurse in the Postoperative Day Surgery Area will continue to monitor your child closely and will determine when your child is ready to safely leave the hospital and go home.

Your child is ready to go home when he/she:

- ✓ Has a stable blood pressure, breathing and heart rate
- ✓ Is drinking and his/her stomach does not feel sick
- ✓ Is up and moving as he/she should be
- ✓ Is comfortable and is taking his/her medication

Before leaving the hospital, the nurse will talk to you about how to care for your child at home. Your child's surgeon or dentist may give you a prescription for medicine. The pharmacy is located in Zone B on Level 1 and is open from Monday - Friday, 8:30 a.m. to 6:00 p.m.

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Welcome to Children's Hospital at London Health Sciences Centre!

This booklet is designed to introduce you to the Day Surgery experience and provide you with important information regarding your stay. Please take time to review the information and talk with your child about his/her upcoming hospital visit. You can use the last page to make notes or write down questions. Remember to bring this booklet with you on the day of your child's surgery.

The health care team at London Health Sciences Centre is committed to providing family centered care. We look forward to working with you and your child. Together, we will strive to make your hospital visit a positive one.

Getting Ready - The Days and Weeks Before the Operation or Procedure

1. Your child's surgeon or dentist may ask you to bring your child to the Paediatric Pre-Admission Clinic in the Paediatric Medical Day Unit (Zone B, Level 1, B1-200).

In the clinic, you will meet health care professionals who will help you and your child get ready for the operation. This could include visits from a nurse, a child life specialist, and an anesthesiologist.

If your child does not require a Pre-Admission Clinic visit, the assessment will be done by a telephone interview, usually within 1 week of your child's scheduled operation.

2. Professional interpreters are available at no cost to you and your family. Language interpreters are available for patients who do not speak English. Sign language interpreters are available for patients who are deaf or hard of hearing.

8. Perioperative Care Waiting Room

You will be asked to stay in the Perioperative Care Waiting Room during your child's operation. This is where your child's surgeon or dentist may speak with you following the operation.

After the Operation or Procedure

POST ANESTHESIA CARE UNIT (PACU)

The PACU nurse will assess your child, meet his/her immediate needs, and set up monitoring. For this reason, there will be a delay between the time your child arrives in PACU and when a health care professional or volunteer reunites you with your child.

Responses to anesthesia can vary between children. Some children wake up slowly and are sleepy while others wake quickly and can be very emotional (inconsolable or crying) after surgery.

For privacy and safety reasons, we are only able to accommodate 2 adult family members per child. Siblings are not permitted to visit the PACU. In this acute care setting your child will need your full attention and support. During medical emergencies you may be asked to leave the bedside.

Please do not bring any food or drink into the PACU.

You must be free of illness such as cold or flu to come into the PACU. Please ensure that you use hand sanitizer or wash your hands when you enter and when you leave.

The length of time your child spends in the PACU will vary according to the procedure and your child's needs. Children who are going to stay in the hospital overnight will go to the inpatient floor after leaving PACU. Children who are going home will go to the Postoperative Day Surgery Area after leaving PACU until they are ready to be discharged home.

Your child will be asked to change into a hospital gown.
Underwear may be kept on unless it covers the surgical area.
Young children remain in their diapers or pull-ups.

5. Child Life

A child life specialist can help your child know what to expect by offering developmentally appropriate preparation, play and opportunities for emotional expression. Children are encouraged to learn through hands on exploration of real and pretend medical equipment and are guided through the rehearsal of surgical day routines. While you wait please enjoy the many activities we have in our playroom.

6. Anesthesia

General anesthesia is started by either injecting medication into your child's intravenous (IV), or by breathing anesthetic gas from a mask. Once your child is asleep, a breathing device is inserted into his/her mouth. An Anesthesiologist will stay with your child during the entire surgery and will carefully keep an eye on his/her breathing, heart rate, and blood pressure. They will also supervise your child's recovery from anesthesia and provide pain control after the operation.

Your child's anesthesiologist will be glad to answer any questions or discuss any concerns you may have about the anesthetic.

7. Operating Room

Prior to your child's transfer from Day Surgery to the Operating Room (OR) you may see your child's Surgeon, Anesthesiologist and OR Nurse. This is an excellent opportunity to share medical information, confirm consents and mark operative sites.

Your child will ride in a bed or crib from Day Surgery to the OR. The nurses will then help your child move to another bed and use monitors to watch his/her heart rate, blood pressure and oxygen.

The Anesthesiologist will give your child anesthesia or sleeping medicine by placing a soft plastic mask on his/her face or by giving medication through an intravenous (IV).

If you need an interpreter, please call and tell your child's surgeon. Arrangements will be made for a Professional Interpreter to be available when you and your child come to the hospital.

3. Parental Presence at Anesthesia Induction (PPI)

The PPI program ensures the safe and supportive presence of a parent/caregiver with the child (ages 2-8) during the induction of anaesthesia in the Operating Room. Parents/caregivers who are interested in the program must participate in preparation by Child Life Services at least one week prior to the scheduled elective surgery. To learn more about the PPI program please contact Child Life Services, 519-685-8500 EXT. 56309.

Note: A parent/caregiver must contact Child Life Services in advance of each surgery to arrange for PPI in the Operating Room and to review eligibility criteria.

4. Call your child's surgeon or dentist if:

- Your child has had whooping cough in the 21 days before the operation.
- Your child has measles, mumps, or chicken pox in the 7 days before the operation.
- Your child's siblings, friends or schoolmates have measles, mumps, chicken pox or whooping cough in the 21 days before the operation and
 - Your child has not had the disease, and
 - Your child has not had a series of needles (vaccinations) to stop him/her from getting the disease.
 - Your child has a cold, sore throat, cough, fever, or diarrhea in the 7 days before the operation

-
- Your child is having dental work and there has been a change in your child's problem since your last visit with the dentist. For example, areas in your child's mouth or certain teeth have become more or less painful.

Your child's surgeon or dentist will decide if the date of the operation will need to be changed.

5. If the consent form for the operation has not been signed, a parent or legal guardian must come with the child on the day of the operation. **If the parent or legal guardian is not available to sign the consent form, your child's operation will be cancelled.**
6. Parents and caregivers are important to the comfort, healing, and recovery of children. **Please plan to spend the day at the hospital with your child and make arrangements for siblings to stay at home.** Your child will need your full attention and support before and after surgery.
7. Please ensure that you have arranged for transportation and **another adult** to be with you when taking your child home. You can care for your child and the other adult can drive the vehicle.
8. Stock-up on supplies that you will need when your child returns home after the operation:
 - Juice
 - Popsicles
 - Jell-O
 - Children's acetaminophen "Children's Tylenol" or "Tempra" and/or ibuprofen "Advil" or "Motrin" for pain
9. If you are travelling from out of town or have to stay overnight after your child's surgery you may consider making arrangements at the Ronald McDonald House®. To request accommodations please call 519-685-3232. A referral from medical personnel at the London facility (e.g., doctor, nurse, social worker, clerk) where your child will be treated is required for your first stay.

Getting Ready - The Day of the Operation or Procedure

1. Take Care

Parents and caregivers, please remember to take care of yourselves by eating and drinking in the morning of your child's operation. Food and drink are not allowed into patient care areas.

2. Parking

Allow extra time for travel and parking. Parking for the B Zone is located off of Baseline Rd. in Parkade 1 or Lot 7. Please remember to take your parking ticket with you into the hospital if you are in the parking garage. You will need it to pay at the parking kiosk prior to returning to your vehicle. An attendant is available in Lot 7 until 5pm. After 5pm, please use the kiosk at the exit. The parking office is located on the first floor of Parkade 1(PG-L105A) for weekly or monthly passes.

3. Patient Registration

Upon your arrival, please go to the Perioperative Care Waiting Room (Zone D, Level 2, D2-200) to register your child prior to surgery. Please have your child's health card and blue hospital card available. A clerk will place a plastic wristband with your child's name and hospital identification number around your child's wrist or ankle. Once the registration is completed, you will wait until you are called into the Paediatric Day Surgery area.

4. Paediatric Day Surgery

It is important to notify our staff if you are feeling ill or have cold or flu symptoms. If you have a cough or fever you may be asked to wear a mask. Please wash your hands when you enter and leave any patient care area.

A nurse will review your child's health history and check their height, weight, temperature, blood pressure, breathing and heart rate.

Clear fluids are water, apple juice, sugar water, Gatorade and popsicles (not chocolate).

Your child **MUST NOT** drink anything, not even clear fluids or water **3 hours before** the operation.

Can My Child or Adolescent Have Anything to Eat or Drink Before The Operation?

After midnight, your child should have **nothing to eat**.

No gum or candy after midnight.

Your child may have **clear fluids** to drink **up to 3 hours** before the operation.

Clear fluids are water, apple juice, sugar water, Gatorade and popsicles (not chocolate), tea or coffee without cream or milk.

Your child **MUST NOT** drink anything, not even clear fluids or water **3 hours before** the operation.

Can My Child Take Their Regular Medications?

If you have been told by your surgeon to give your child his/her regular medication on the day of the operation, it may be given at the usual time. Medication must be given with **only** enough water to wash it down. Medication given by a feeding tube may be flushed with a small amount of water. Give inhalers and puffers as necessary and bring them to the hospital on the day of the surgery.

Children should not receive any vaccines the day before surgery and Aspirin and Ibuprofen (Advil® or Motrin®) should be avoided 5 days prior to the surgery.

10. As a parent/caregiver, your patience and calm manner is important when getting your child ready for the operation. How you feel will affect how your child feels and copes with his/her visit. Here are a few suggestions on how to prepare your child for the operation.

Infants (Newborns to 12 Months)

When possible, maintain familiar routines and comfort your infant by holding, rocking, singing and talking to them. Bring your child's favorite toy, stuffed animal, blanket, pacifier and Sippy cup to the hospital.

Toddlers (12 Months to 2 Years)

Prepare your child 1-2 days before the operation. Give your toddler simple, honest information about the hospital. Use words like "fix" and "make better". Young children are sensory learners. Share books about the hospital and role play using toy medical kits, stuffed animals and dolls. Let your child pretend to be the doctor! Remember to bring your child's favorite toy, blanket or stuffed animal. On the day of the operation, do things that you know are familiar and comforting (i.e., singing, reading, cuddling, massage).

Preschoolers (3 Years to 5 Years)

Prepare your child 2-4 days before the operation. Give your preschooler simple, honest information about the hospital and surgery. Talking about what they will see, hear, feel and smell will help your preschooler know what to expect. Allow your child to participate in planning and packing. Remember to bring comfort items such as favorite blankets or stuffed animals that can stay with them throughout the day.

Help your preschooler understand why they need to have an operation. Some preschoolers may believe that the operation is their fault or punishment for doing something wrong. Sharing books about the hospital and role playing with toy medical kits will help your toddler explore their thoughts and feelings and allow for opportunities to clarify their misconceptions.

School Age (6 Years to 12 Years)

School-age children are able to understand the reason for their hospital visit and what is going to happen to them. Give your child simple, honest information about the hospital and surgery. Use books about the hospital and review any information provided by the surgeon. Use role play to help your child anticipate routines and practice coping strategies. Offer opportunities for the expression of thoughts and feelings. Be creative and draw pictures or make collages about the hospital. Involve your child in planning for the hospital and in making decisions about their care. Make a list of questions that you can bring with you on the day of surgery.

Adolescents (13 Years to 18 Years)

As soon as the need for the operation is identified begin talking with your adolescent. Common concerns for this age may include privacy, changes in physical appearance, body image and daily activities. It is important to give clear explanations and answer questions honestly. Involve your adolescent in discussions and decisions about the surgery and plan for care. Provide reassurance that all personal and medical information is kept confidential. Requests will be honoured for adolescents who wish to discuss medical information in the absence of their parents/caregivers.

Getting Ready - The Night Before the Operation or Procedure

1. Please be sure that your child has a bath or shower and his/her hair is washed the night before the operation.
2. Have your child remove all nail polish, jewelry, and piercings (can be replaced with plastic piercings).
3. Collect everything you need to bring to the hospital
 - ✓ Ontario Health Card
 - ✓ London Health Science Centre Registration Card (if your child has one)

- ✓ Any papers provided by your child's surgeon or dentist, including the History and Physical Form and the Consent to Treatment Form
- ✓ Medication your child is taking including inhalers (puffers), herbal or nutritional supplements.
- ✓ A list of your child's allergies
- ✓ Family doctor's name
- ✓ Money for meals, parking and phone calls
- ✓ A familiar item from home (toy, book, pacifier or blanket, etc.)
- ✓ Preferred bottle or Sippy cup
- ✓ Comfortable clothing for your child to wear home and extra underwear.
- ✓ Formula and/or diapers if needed.

4. **After midnight, the day of your child's operation, the following guidelines about eating and drinking must be followed for the safety of your child. Your child's operation will be delayed or cancelled if you do not follow these guidelines.**

NO EATING OR DRINKING GUIDELINES

(Newborn to 18 years of age)

Can My Baby or Young Child Have Breast Milk or Formula Before The Operation?

After midnight, your child should have **nothing to eat**. Your child may drink **unfortified** breast milk **up to 4 hours before**.

Your child may drink formula **up to 6 hours before** the operation.

Your child may be tube fed **up to 6 hours before** the operation.

Your child may have **clear fluids** by feeding tube **up to 3 hours** before the operation.

Your child may have **clear fluids** to drink **up to 3 hours** before the operation.